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DRY BLENDED PSYLLIUM HIGH FIBRE FOOD
PROD BASES + CONTR ~~PSYLLIUM~~ PSYLLIUM MUCILLOID
AND DIETARY FIBRE

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PSYLLIUM MUCILLOID PRODUCTS

The present invention relates to a novel composition and method of making and using psyllium high fiber food products useful as a dietary aid in the control of constipation and/or as a dietary aid in weight loss and maintenance. In its composition aspect, it relates to a novel dry blend or agglomerated composition comprising psyllium mucilloid of at least 10 to 80 weight percent, total dietary fiber of from 25 to 100 weight percent from a grain, fruit or vegetable source wherein the psyllium is a part of the dietary fiber. The dry blend or high fiber food product base is incorporated into suitable compositions to provide psyllium high fiber drink mix and extruded psyllium high fiber bars or puffs which may additionally contain optional sweeteners, flavoring agents, protein sources, surfactants, wetting agents, preservatives and the like. In its method aspect, it relates to novel processes comprising blending or agglomerating the novel composition, then adding water as necessary to form a drink which can be used as a dietary aid or to control constipation, or extruding at a temperature of between about 150° and 200° C such that the final product has a psyllium content of between 10 to 80 weight percent to form a high fiber bar or puff.

Psyllium mucilloid consists of the mucilaginous portion (the husk either milled or unmilled) of blond psyllium seeds. Psyllium mucilloid

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contains natural mucilage and normally forms a gelatinous mass on contact with water. It is useful in the treatment of constipation by acting as a fecal softener and also as a demulcent in the presence of inflamed mucosa. Psyllium mucilloid exhibits poor dispersability and mixability in water. The numerous individual particles tend to agglomerate when psyllium mucilloid is mixed with water. Hydration takes place over the surface of such agglomerated aggregates to form gel-coated lumps, the interiors of which are still substantially dry, and these lumps are extremely difficult to disperse. This effect is aggravated by the fact that psyllium has a tendency to float on the surface of the water, allowing partially dissolved particles to agglomerate into large masses. In addition, the taste of psyllium mucilloid is unacceptable to many persons.

Diets high in fiber have become increasingly more significant in American diets. Typical of the foods consumed are high fiber breads, whole grains and granolas, granola bars, etc. Diets high in fiber are important because they can be an adjunct to a weight loss program, and in addition, the roughage of high fiber aids in decreasing constipation.

While granola and other high fiber bars are attractive because of their portability, they are relatively high in fats used as adhesive agents and therefore high in calories. A "granola" bar supplying 3 grams of dietary fiber would contain 125-150 calories.

Attempts to make a fiber bar that is an expanded type product like a cracker without high caloric content have been largely unsuccessful. The fiber products such as soy bran, corn bran, wheat bran or rice bran work against the expanders needed for the proper amount of "puff" in a cracker-type product or cereal type puff. Psyllium, while also a dietary

fiber, has largely been avoided due to its mucillaginous nature and the need to add water to most extruded products.

It is therefore an object of this invention to provide psyllium high fiber food products, specifically psyllium high fiber bars, puffs and drinks, and methods of making same, which are relatively low in calories and a useful adjunct in the control of weight gain and constipation. A further object of this invention is to provide psyllium high fiber food products which will, in addition, aid to curb the appetite.

Accordingly, it has been discovered that an expanded high fiber bar or puff can be made comprising at least 10 to about 80 weight percent psyllium mucilloid, water, 10 to 30 weight percent of an expander, and total dietary fibers of from 25 to 80 weight percent wherein the psyllium mucilloid may be a part of the dietary fiber. Optionally, one could add sweeteners, preferably from 0 to 30 weight percent, flavoring agents, preferably from about 3 to 5 weight percent and a protein source, preferably from about 0 to 20 weight percent, the critical and novel portion of the invention being the addition of psyllium within a defined range to obtain an expanded fiber bar product. Without the psyllium, the fiber bar or puff will not expand and no "puffed" cracker-type product is possible. It has been surprisingly found that the mucillaginous properties of psyllium are not a problem within the given range when water is added in the extrusion process.

It has also been discovered that a psyllium high fiber drink mix can be made by dry blending or agglomerating, a base comprising at least 20 to 80 weight percent psyllium mucilloid, and total dietary fibers of from 25 to 100 weight percent wherein psyllium mucilloid may be a part of the dietary fiber and dietary fibers other than psyllium constitute at least 5 weight percent. Optionally, one could add sweeteners, preferably from about 0 to 5 weight percent, flavoring agents, preferably from about 0 to 5 weight, a protein source, wetting agents, surfactants or the like, preferably from about 0 to 20 weight percent, the critical and novel portion of the invention being the addition of psyllium with a blend of dietary fibers with at least 20 weight percent psyllium to obtain a wettable, dispersable high fiber drink product. Without the psyllium, the other fiber(s) will not wet or disperse well nor have the desired pharmaceutical effect. It has been surprisingly found that the mucillaginous agglomerated aggregates do not form gel coated lumps within the given range of the invention without the addition of sucrose while retaining acceptable taste and remaining relatively low in calories. The dry blended or agglomerated base may be employed as an intermediate in the preparation of the high fiber bars or puffs of this invention.

Dietary fibers are naturally occurring in grains, cereals, fruits and vegetables. They can be classified as cellulose, hemicellulose, lignin, gums or pectins. Examples of dietary fibers are soy bran, corn bran, wheat bran, rice bran, psyllium, carrageenan, the known gums and pectins. The most preferred dietary fibers are the cereal brans and while these normally tend to work against expansion, that is not the case when psyllium is used. Since psyllium itself is a dietary fiber, it is possible to make the food products

of this invention using only psyllium as the dietary fiber source. However, a combination of dietary fibers is most preferred.

Expanders are those substances which under proper conditions one skilled in the art can make an extruded product puff or expand into airy crackers such as saltines, etc. Examples of expanders are rice flour, corn flower, wheat flower and modified starches.

Optional protein sources are animal or vegetable protein such as soy protein isolate, which is 95% protein or milk protein. Sweeteners can be the naturally occurring sweeteners such as sucrose or fructose or the artificially made sweeteners such as saccharin, acetosulfame cyclamate and aspartame. Flavoring agents can be chosen from a wide variety of agents known to those skilled in the art, for example, apple-cinnamon, peanut butter, granola, etc.

Wetting agents and solubilizing agents can be added to further improve the compositions. Examples of suitable wetting agents and solubilizing agents are polysorbate 60 and sodium lauryl sulfate.

The bars and puffs of the present invention are manufactured by mixing the ingredients, except the water, and then blending for about 15 to 30 minutes until the mixture is fairly homogeneous. Optionally, ingredients which are added in small amounts (e.g., aspartame) could be premixed with, for example, the expander, in order to insure more uniform mixing. The mixture is then fed to an extruder of the type used by one skilled in the art for making an expanded cracker-type product with a water feed and extruded at from about 150° to about 200°C using techniques known in the art. The cracker may then be cut to the appropriate size and packaged for sale. A preferred cracker would contain 3 grams of dietary fiber per bar. This cracker would contain approximately 25 calories. A high fiber breakfast cereal type puff is

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made in like manner as the bar except that smaller pieces are made. In general the size and weight would be similar in size to what one skilled in the art would use for non-high fiber "breakfast cereal" type puffs.

The high fiber drink composition of the present invention is manufactured by either dry blending the ingredients or coating the dry blended ingredients with a suitable water soluble material such as gums, cellulose derivative, hydrolyzed starch oligosaccharide, mono or disaccharide, a polyglucose or a polymaltose to form an agglomerate by methods well known to one skilled in the art wherein said agglomerate coating may be up to 5 weight percent of the total mix. The product may then be mixed with water to form a "drink" as needed. In general, a preferred single dose for laxative purposes or dietary aid would be such that about 3.2-3.7 grams of psyllium and 1.0-2.5 grams of the fibers are delivered.

These high fiber food products have several utilities. First, in a weight control program there is a dual action to the crackers or puffs and drinks. This dual action consists of the intake of caloric fiber which aids in the saliation of appetite yet provides little caloric intake and the mucilaginous psyllium which expands in the stomach and will tend to give a "full" feeling. Second, because of the laxative action of both psyllium and dietary fibers in general, the bars and drinks may be used as roughage to decrease occurrences of constipation. Thirdly, because a variety of dietary fibers can be used, a well balanced supplement of dietary fibers (soluble and insoluble) may be made. In addition, the dry blend mix is useful as an intermediate in making the agglomerated product and the fiber bar.

The invention will appear more fully from the examples which follow. These examples are given by way of illustration only, and are not to be construed as

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limiting the invention either in scope or in spirit, as many modifications will be apparent from the disclosure to those skilled in the art.

Example 1- Apple Cinnamon Flavor Fiber Bars

The following materials were mixed about 15-20 minutes until well blended in a ribbon blender. Samples are taken from different areas of the blender to insure uniform mixing.

COMPONENT	AMOUNT PER DOSE (g)	AMOUNT PER BATCH (Kg)
Refined Corn Bran G-Fine	1.4175	157.50
Sized Mucilloid	1.3950	155.00
Sucrose, NF	1.3500	150.00
Fructose, USP	1.3500	150.00
Yellow Corn Cones	1.1700	130.00
Soy Protein Isolate (Profam S-955)	0.6750	75.00
Rice Flour	0.4500	50.00
Apple Durarome Natural Flavor	0.2250	25.00
Rice Bran (Protex 40)	0.1800	20.00
Oleoresin Cinnamon Durarome	0.1800	20.00
Ground Korintji Cinnamon	0.1800	20.00
Wheat Bran	0.1575	17.50
Avicel pH 101	0.1350	15.00
Citrus Pectin, Jet-Sol #3454	0.0450	5.00
Guar Gum Pretested 8/20 C Powder	0.0450	5.00
Locust Bean Gum Pretested POR/A Powder	0.0450	5.00
	9.0000g	1000.00Kg

The mixture is then extruded using a Creusot-Loire Model BC72 using a central feed plate with a brass die, a stainless steel die or other metal may also be used (38mm x 2 mm) and metal die calibrator with teflon liners and with a metal calibrator space of 1/16 inch

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or central feed plate with two slots (dies) may also be used. Water was fed at 150 ml/min. and the extruder at 1500 psi with a mixture feed rate of 1.686 Kg/m. Barrel temperature was 188°C. Screw speed was 150 RPM. Wafers were cut to 9 grams in size using a Leroy Saver Model MVS-50 cutter. These bars contain 3 grams of dietary fiber and have a caloric content of 24.

Example 2-Peanut Flavor Fiber Bar

Using the method of Example 1, the following mixture was made into 9 g fiber bars.

<u>COMPONENT</u>	<u>AMOUNT PER DCSE (g)</u>	<u>AMOUNT PER BATCH (Kg)</u>
Sized Mucilloid	2.125	236.11
Fructose, USP	1.250	138.89
Sucrose, NF	1.250	138.89
Yellow Corn Cones	1.125	125.00
Refined Corn Bran G-Fine	0.910	101.11
Rice Flour	0.720	80.00
Soy Protein Isolate (Profam S-955)	0.675	75.00
Natural Peanut Flavor #70000	0.450	50.00
Rice Bran (Protex 40)	0.225	25.00
Avicel pH 101	0.135	15.00
Citrus Pectin, Jet Sol #3454	0.045	5.00
Guar Gum Pretested 8/20 C Powder	0.045	5.00
Locust Bean Gum Pretested POR/A Powder	0.045	5.00
	<u>9.000g</u>	<u>1000.00Kg</u>

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Example 3-Granola Fiber Bar

Using the method of Example 1, the following mixture was made into 9 gram granola fiber bars.

<u>COMPONENT</u>	<u>AMOUNT PER DOSE (g)</u>	<u>AMOUNT PER BATCH (kg)</u>
Sized Mucilloid	2.0070	223.00
Brownulated Powdered Sugar	1.3500	150.00
Fructose, USP	1.3500	150.00
Yellow Corn Cones	0.9630	107.00
Rice Flower	0.9000	100.00
Soy Protein Isolate (Profam S-955)	0.7200	80.00
Refined Corn Bran G-Fine	0.7200	80.00
Granola-100% Natural Cereal	0.4500	50.00
Avicel pH 101	0.1350	15.00
Natural Vanilla Malt Flavor FX #502	0.1350	15.00
Rice Bran (Protex 40)	0.1350	15.00
Citrus Pectin, Jet-Sol #3454	0.0450	5.00
Guar Gum Pretested 8/20 C Powder	0.0450	5.00
Locust Bean Gum Pretested POR/A Powder	0.0450	5.00
	<u>9.000 g</u>	<u>1000.00Kg</u>

Example 4-Whole Grain Fiber Bars

Using the method of Example 1, the following mixture was made into 6 g whole grain flavor fiber bars.

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<u>COMPONENT</u>	<u>AMOUNT PER DOSE (g)</u>	<u>AMOUNT PER BATCH (Kg)</u>
Yellow Corn Cones	1.0800	180.00
Sized Mucilloid	1.0500	175.00
Rice Flour	0.9000	150.00
Refined Corn Bran G-Fine	0.6000	100.00
Rice Bran (Protex 40)	0.6000	100.00
Soy Protein Isolate (Profam S-955)	0.6000	100.00
Oat Flour	0.3150	52.50
Wheat Bran	0.1800	30.00
Salt, Sifto-50	0.1350	22.50
Hard Wheat Flour	0.1080	18.00
Soft Wheat Flour	0.1080	18.00
Avicel pH 101	0.0900	15.00
Brownulated Powdered Sugar	0.0750	12.50
Toasted Oat Flavor S-3624 MWN 1-TS	0.0690	11.50
Citrus Pectin, Jet-Sol #3454	0.0690	5.00
Guar Gum Pretested 8/20 C Powder	0.0300	5.00
Locust Bean Gum Pretested POR/A Powder	0.0300	5.00
	<u>6.0000 g</u>	<u>1000.00 Kg</u>

One six gram wafer contains 2 grams of dietary fiber and 14 calories.

Example 5-Apple Cinnamon "Breakfast Cereal" Type Puffs

Using the method of Example 1 but using 2 stainless steel dies each with 2 round holes (diameter 3/16"), the following mixture was made into high fiber breakfast cereal type puffs. Each puff weighs 7 grams and contains approximately 13 calories.

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<u>Component</u>	<u>Per 7 gm of Serving</u>
Psyllium Mucilloid(Searle)	3.500 g
Corn Meal (Yellow corn cones)	1.085 g
Soy Protein Isolate (Profam S-955)	0.840 g
Food Starch (Bakasnak)	0.700 g
White Rice Flour	0.476 g
Natural Apple Flavor(Durarome)	0.105 g
Oleo Cinnamon (Durarome)	0.105 g
Ground Korintji Cinnamon (McCormick)	0.091 g
Partially Hydrogenated Vegetable Oil (Durkex 500)	0.049 g
Aspartame (Searle)	0.035 g
Lecitreame-3527 (Beatrice)	0.014 g

Example 6-Chocolate Flavor High Fiber Base

The following mixture was dry blended in a Hobart blender:

	<u>Amt/Batch</u>	<u>Amt/Dose</u>	<u>%</u>
Psyllium mucilloid	41.97g	3.5g	20.98
Corn bran	20.38g	1.7g	10.92
N.F. Milk Solids	59.95g	5.0g	29.98
Sweet Whey	23.98g	2.0g	11.99
Lecithinated Cocoa	29.98g	2.0g	14.99
Carob Magna	11.99g	1.0g	5.99
Aspartame	0.96g	0.08	0.48
Dariloid	4.80g	0.4g	2.40
Locust Bean Gum	6.00g	0.5g	2.99

An individual dose is 16.68 g which can be mixed with 8 oz of water to form a psyllium high fiber drink with a milk chocolate flavor.

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Example 7

The dry blend mixture of Example 1 was agglomerated using 7.7% maltodextrin as a coating agent in a Freund Agglomerator to give a dose of 17.96 g which is dissolved and dispersed readily in 8 oz of water.

Example 8-Orange Flavor High Fiber Drink Base

The following mixture is dry blended in a Hobart blender and used dry as an intermediate to a spray agglomerated product with 17.7 g Maltrin M-100 in 175 ml of water:

	<u>Amt/Batch</u>	<u>Amt/Dose</u>	<u>%</u>
Psyllium	175.00g	3.5g	50.00
Rice Bran	145.74	2.9	41.64
Citric acid	17.50	0.35	5.00
Orange Flavor	10.71	0.21	3.06
Saccharin	.77	0.015	0.22
Yellow #6	.35	0.007	0.11

Example 9

The following powder is prepared for use as a powdered drink mix and as an intermediate to a spray agglomerated product.

	<u>Amt/Batch</u>	<u>Amt/Dose</u>	<u>%</u>
Psyllium	268.00g	3.4g	66.0
Corn Bran	125.60	1.6	31.5
Aspartame	6.4	0.08	1.6

What is claimed is:

1. A dry-blended psyllium high fiber food product base comprising from about 20 to 80 weight percent psyllium mucilloid and from 25 to 100 weight percent dietary fiber wherein the psyllium is a part of the dietary fiber and the dietary fibers other than psyllium constitute at least 5 weight percent of the total fibers.

2. The psyllium food product base of Claim 1 wherein said base additionally comprises up to 5 weight percent of a sweetening agent.

3. The psyllium food product base of Claim 3 wherein said sweetening agent is selected from the group consisting of sucrose, fructose, saccharin, cyclamate and aspartame.

4. The psyllium food product base of Claim 1 wherein flavoring agents, protein sources, surfactants, wetting agents, sweeteners or preservatives either alone or in any combination are added.

5. The psyllium food product base of Claim 1 additionally comprising up to 5 weight percent of an agglomerating coating.

6. The psyllium food product base of Claim 4 additionally comprising up to 5 weight percent of an agglomerating coating.

7. An expanded high fiber bar or puff made by aqueous extrusion comprising about 10 to 80 weight percent of psyllium mucilloid, water, about 10 to 30 weight percent expander, and a total dietary fiber of

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from about 25 to 80 weight percent wherein the psyllium mucilloid may be a part of the dietary fiber.

8. The high fiber bar or puff of Claim 7 which additionally comprises a sweetening agent.

9. The high fiber bar or puff of Claim 8 wherein said sweetening agent is selected from the group consisting of saccharin, aspartame, acetosulfame cyclamate, sucrose and fructose.

10. The high fiber bar or puff of Claim 7 which additionally comprises flavoring agents, protein sources, sweetening agents, surfactants, wetting agents, or preservatives either alone or in any combination.

11. The high fiber bar or puff of Claim 7 wherein said protein source is soy protein isolate or milk protein.

12. A method of making an expanded high fiber bar or puff comprising making a mixture comprising psyllium mucilloid, 10 to 30 weight percent of an expander and a total dietary fiber from a grain source of from about 25 to 80 weight percent wherein the psyllium may be a part of the dietary fiber, blending the mixture until substantially homogeneous and then extruding with water at a temperature of from about 150° to 200° C such that the final product has a psyllium content of between 10 to 80 weight percent.